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See Page 26

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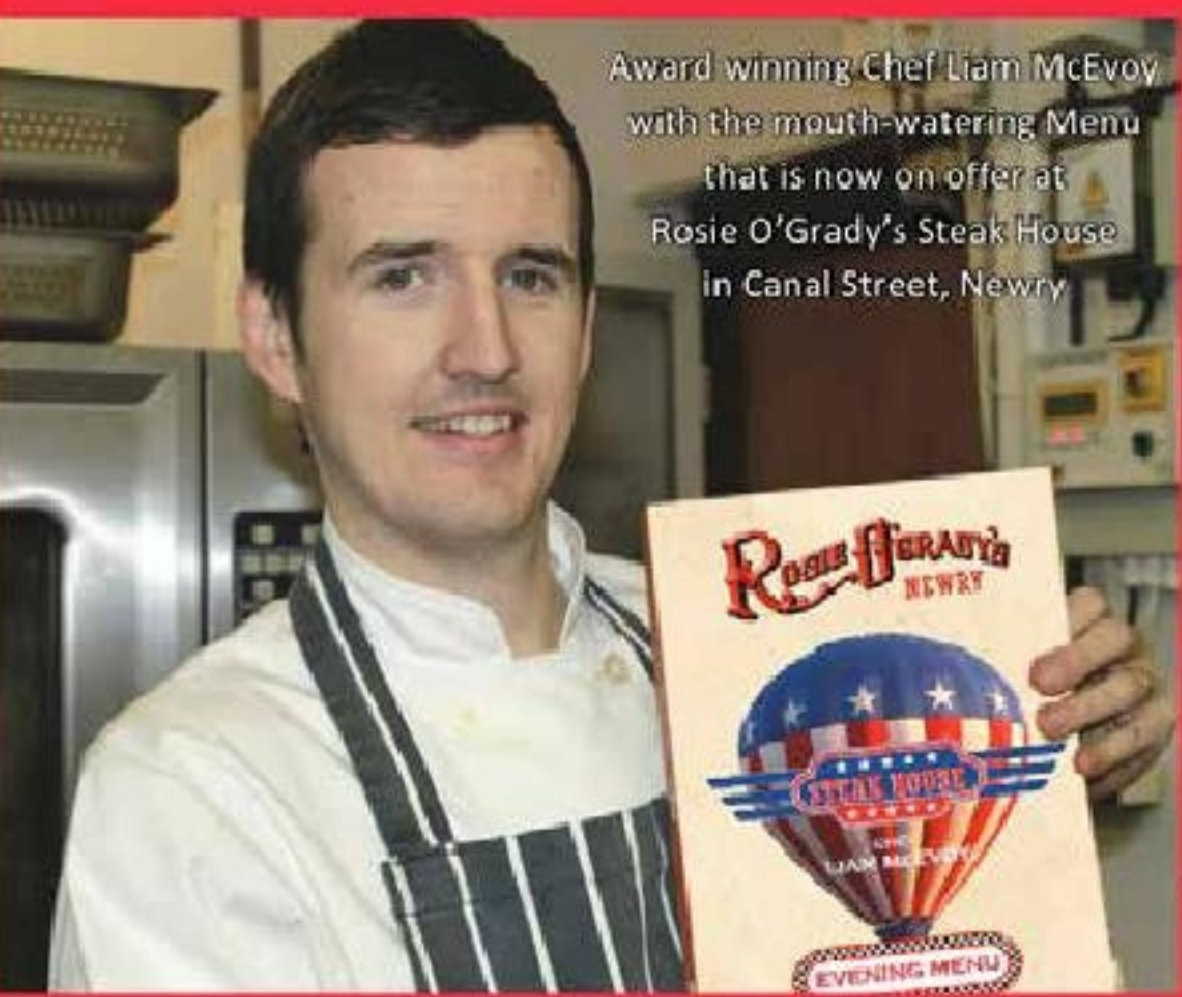
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**OCTOBER 2014 ISSUE:**  
Advertising (to be set) Deadline:  
**Thursday 12 Sept - 5.00pm**  
Camera Ready Copy: **16 Sept - 12 Noon**  
Newry Advertiser Published: 29 Sept

To Advertise in the Newry Advertiser:  
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- Webhosting: 100 Megabytes of web space (note 2)
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Development Completion: **normally within 1 week (depending on demand)**

Note 1: Customer to provide content and graphics. Adult content not allowed.

Note 2: Additional disk space charged at 2c per MB per month.

Note 3: Additional bandwidth charged at 2c per MB per month.

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### Terms & Conditions

1. Website is free for a period of one year, thereafter a charge of \$50 per year will be charged in advance.
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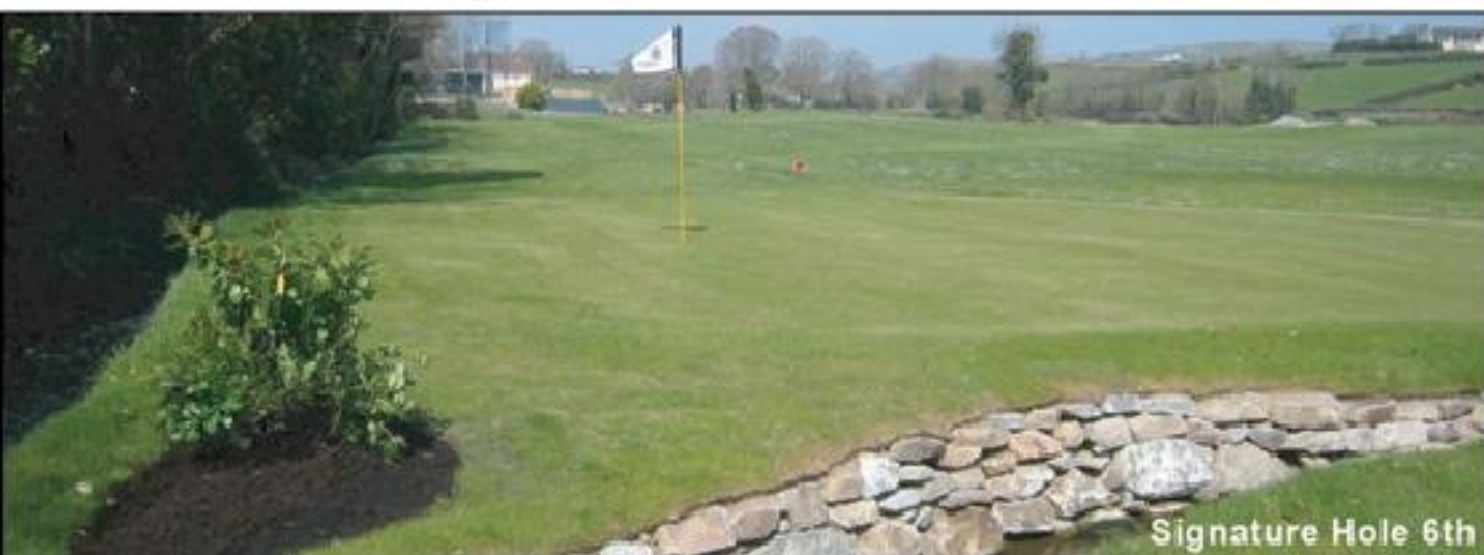
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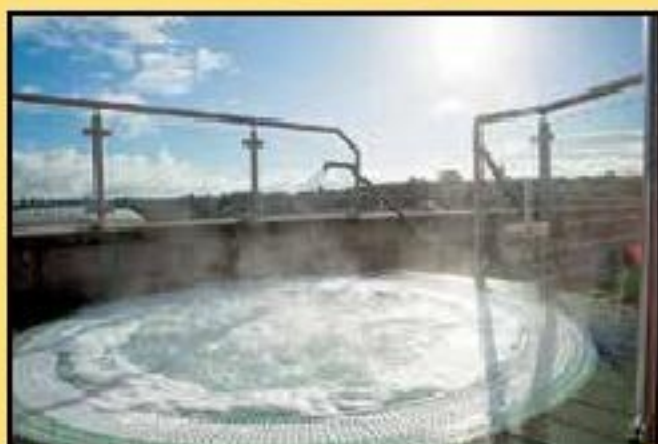
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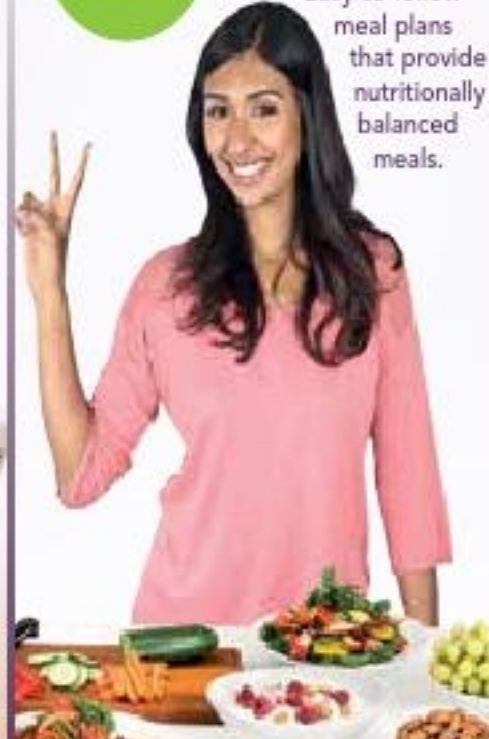
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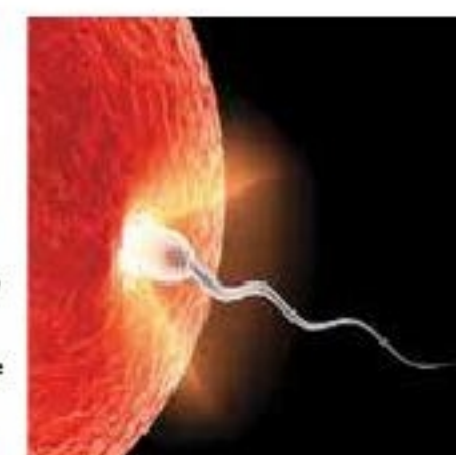
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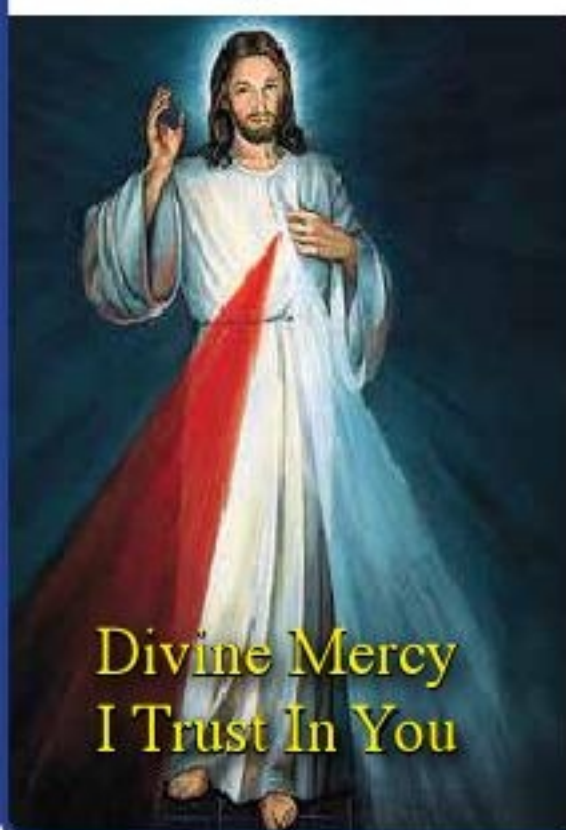
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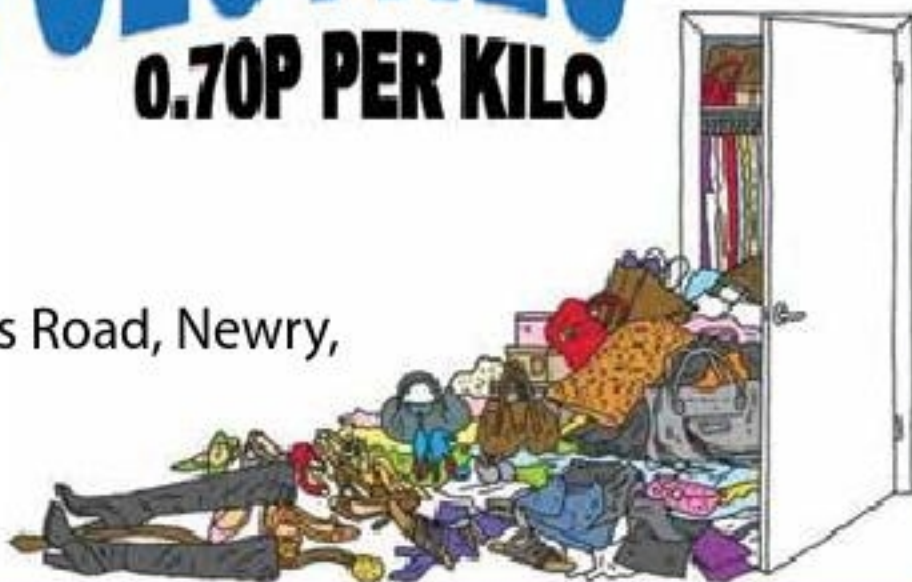
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Release those deep breaths - there's hope in sight, and it's called The Mini Tummy Tuck. Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. The best part? It's completely non-invasive. No surgery, no knives, no long recovery times.

Yep - we're serious. Therapie Clinic was one of the first beauty clinics to start the revolution in Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Heidi Klum and Britney Spears.

It almost sounds too good to be true, but the process is grounded in scientific research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes. Patients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%. You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox.

One of the best features of the Mini Tummy Tuck is that it can work for different body types: it's great for those who are fit and near their optimum weight but still have problem love handles or cellulite. The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy.

If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic. It's a fraction of the cost of a surgical procedure, and you can get straight back to normal activities immediately.

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## The Newry Clinic

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Excessive stress and its associated manifestations of anxiety, panic and overwhelm are at epidemic proportions in modern society, often leading to addiction to tranquilizers, alcohol, etc., or to phobias of everyday skills like shopping, flying or to giving a talk. In short, it leads to a life that doesn't work and can eventually lead to depression or even suicide. And, it doesn't have to be this way! Modern psychotherapists can quickly help anxious individuals to lead a normal life.

Human Givens psychotherapists firstly teach coping techniques which calm the scary symptoms, and lead to their complete disappearance. Then they help the calmer individual to deal with the stressful issues in their lives, without tranquilizers. Almost miraculous results can be produced in a few sessions, even in people who have suffered prolonged symptoms.



**Paul Grant**

#### UNDERSTANDING ANXIETY, OVERWHELM AND PANIC

Anxiety results from our body's overuse of an ancient mechanism, the 'fight or flight' response, designed to save our distant ancestors from the threat of attack. The emotional part of the brain, having detected the threat, produces hormones, particularly adrenalin, which prepares the body for serious action.

Unfortunately, our brains still use this mechanism to deal with every day 'threats', such as an over-demanding boss/partner, a difficult relationship, financial pressures, sub-conscious memories of a

previous panic attack etc. In such cases the stress may be persistent, so the ancient mechanism continues to keep the body in an unnecessary state of high alert.

The muscles are tense, the heart races, breathing is fast and shallow. It may be accompanied by sweating, palpitations, chest tightness, headaches, sickness etc. These can lead to a fear of collapse, of "going crazy," of complete overwhelm, of having a heart attack or a brain haemorrhage. These thoughts lead to more fear, more overwhelm and a less and less productive life. But these thoughts are untrue. The sufferer is just suffering from adrenalin overload! People can

learn to control this and so recover quickly and completely.

#### ADRENALIN TOXICITY- THE CAUSE AND THE SOLUTION

When the reptilian brain is triggered by fear, we become stupid, like the "rabbit caught in the headlights of a car". To live a healthy life, we must stop the brain producing excess adrenalin. The initial solution therefore, irrespective of the cause our anxiety, is always to decrease the production of adrenalin by calming the nervous system. Modern brain science has provided simple solutions for staying calm including: Breathing - Making the out-breaths 1/3 longer than the in-breath; Exercise - 30 minutes 5 times per week. The therapist uses other powerful tools including cognitive and behavioural exercises, guided-imagery and the "Rewind Technique" which quickly disables obsessive worries.

If you are concerned about the levels of stress or anxiety you are experiencing in your life, consider making an appointment with Paul Grant. Paul is a qualified Human Givens Psychotherapist. As a Consultant Psychotherapist he runs a private therapy practice from The Newry Clinic, Windsor Hill, of the Belfast Road. The confidential therapy sessions with Paul last 1 hour 15 minutes. Paul works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment call Paul on 077 3973 1424.

For more information see [www.paulgranththerapy.com](http://www.paulgranththerapy.com)



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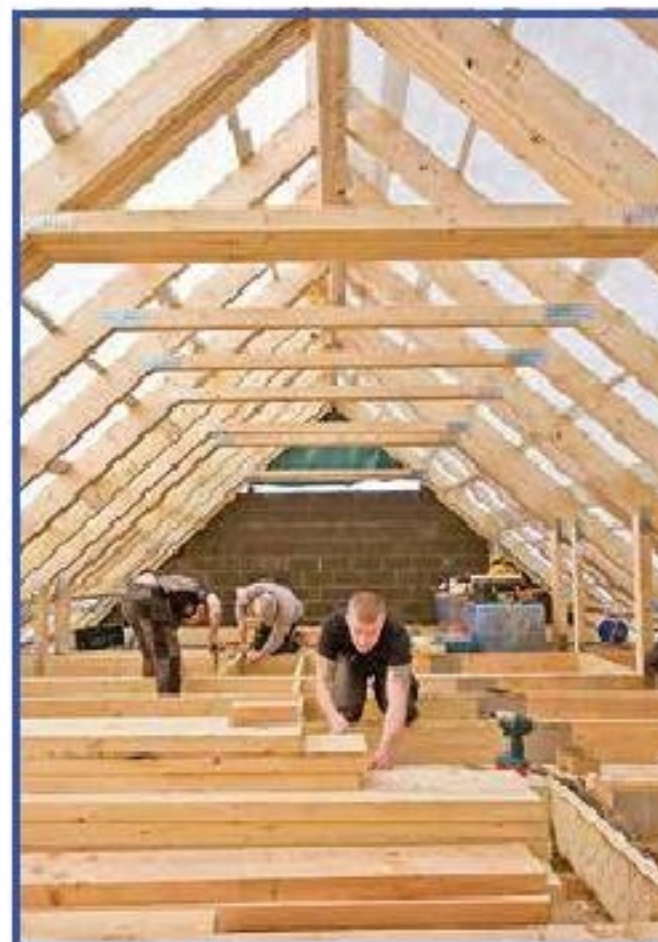


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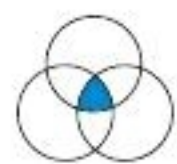
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**Fuel consumption figures for the Civic 1.6 i-DTEC Black Special Edition in mpg (l/100km): Urban 70.6 (4.0), Extra Urban 85.6 (3.3), Combined 78.5 (3.6). CO<sub>2</sub> emissions: 94 g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.**

Model shown: Civic 1.6 i-DTEC Black Special Edition in Crystal Black Pearl at £22,460 On The Road (OTR). Terms and Conditions: New retail Civic registered from 1 July 2014 to 30 September 2014. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. Civic Black Special Edition Honda Aspirations (PCP): Example shown based on Civic 1.6 i-DTEC Black Special Edition in Crystal Black Pearl at £22,460 total cash price (and total amount payable) with 37 months 0% APR Representative (interest rate per annum 0% fixed) with £0 (0%) deposit, £408.29 monthly payment, Guaranteed Future Value / Optional Final Payment of £7,761.73 annual mileage of 10,000 and excess mileage charge: 6p per mile. You do not have to pay the Final Payment if you return the car at the end of the agreement and you have paid all other amounts due, the vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage has not been exceeded. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. Credit provided by Honda Finance Europe Plc. 470 London Road, Slough, Berkshire SL3 8QY. Honda Finance Europe Plc. is authorised and regulated by the Financial Conduct Authority. Financial Services Register number 312541. The 5 Year Care Package includes: Servicing: All scheduled servicing, as detailed in the vehicles service book, will be covered for 5 years or 62,500 miles, whichever comes first. Warranty: In addition to the standard 3 year warranty the customer will receive a complimentary 2 year extended guarantee taking the warranty to 5 years or 90,000 miles, whichever comes first. Roadside Assist: In addition to the standard 3 years roadside assistance package the customer will receive complimentary Hondacare Assistance for a further 2 years, taking it to 5 years or 90,000 miles, whichever comes first. The 5 Year Care Package: The 5 Year Care Package is optional. It is being offered for £555 including VAT (usual value £1,845 including VAT, resulting in a £1,290 saving for the customer) and is available to finance or non-finance customers. Please note, should you sell the vehicle during the period of cover, the package remains with the vehicle.

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Fuel consumption figures for the Honda range in mpg (l/100km): Urban Cycle 23.2 – 70.6 (12.2 – 4.0), Extra Urban 40.4 – 85.6 (7.0 – 3.3), Combined 32.5 – 78.5 (8.7 – 3.6). CO<sub>2</sub> emissions 201 – 94g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

Models shown: Jazz 1.4 i-VTEC ES Plus Manual in Milano Red Non-Metallic, Civic 1.4 i-VTEC 5 Manual in Milano Red Non-Metallic and CR-V 2.0 i-VTEC 5 Manual 2WD in optional Passion Red Pearl. Terms and Conditions: Nil Advanced Payment offer on Jazz 1.4 i-VTEC ES Plus Manual and Civic 1.4 i-VTEC 5 Manual, £1,299 Advanced Payment offer on CR-V 2.0 i-VTEC 5 Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 July 2014 to 30 September 2014 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY. (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB.



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